

**NORTH BAY LEAGUE**  
Cross Country Schedule  
2017 – 2018  
**REVISED 10/14/17**

First day of practice: August 14, 2017  
Number of contests: 14 meets and 2 scrimmages  
Meet times: JV girls, 3:45; JV boys, 4:20; Varsity girls: 5:00; Varsity boys: 5:30

**WEDNESDAY, OCTOBER 4**

Ukiah and Montgomery at Maria Carrillo  
Windsor and Santa Rosa at Cardinal Newman  
Casa Grande at Rancho Cotate

**WEDNESDAY, OCTOBER 11**

~~Montgomery and Cardinal Newman at Casa Grande~~  
~~Maria Carrillo and Rancho Cotate at Windsor~~  
~~Ukiah at Santa Rosa~~

**WEDNESDAY, OCTOBER 18 25**

Rancho Cotate and Cardinal Newman at Ukiah  
Casa Grande and Santa Rosa at Maria Carrillo  
Windsor at Montgomery

**WEDNESDAY, OCTOBER 25 NOVEMBER 1**

Ukiah and Windsor at Casa Grande  
Montgomery and Santa Rosa at Rancho Cotate  
Maria Carrillo at Cardinal Newman

**FRIDAY, NOVEMBER 3 10**

NBL Championship Meet  
Spring Lake Park (hosted by Santa Rosa)

**Final date for competition other than**

**NCS/Les Schwab Tires or CIF Championships:** Saturday, November 11, 2017

**North Coast Section Meet of Champions:** Saturday, November 18, 2017

**CIF Cross Country Championships:** Saturday, November 25, 2017